



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS SAFE KIDS

Summer 2023 Group Swim Lessons Schedule

Stage	Session Dates *Mondays - Thursdays	Session Times
A Water Discovery	1. June 19-29 2. July 10-20 3. July 24-Aug 3 4. Aug 7-17	9:00 - 9:30 am 5:00 - 5:30 pm 9:00 - 9:30 am 6:00 - 6:30 pm
B Water Exploration	1. June 19-29 2. July 10-20 3. July 24-Aug 3 4. Aug 7-17	9:30 - 10:00 am 5:30 - 6:00 pm 9:30 - 10:00 am 6:30 - 7:00 pm
1 Water Acclimation	1. June 5-15 2. June 19-29 3. June 19-29 4. July 10-20 5. July 10-20 6. July 24-Aug 3 7. Aug 7-17	5:00 - 5:30 pm 10:00 - 10:30 am 6:00 - 6:30 pm 9:00 - 9:30 am 6:00 - 6:30 pm 5:00 - 5:30 pm 9:00 - 9:30 am
2 Water Movement	1. June 5-15 2. June 19-29 3. June 19-29 4. July 10-20 5. July 10-20 6. July 24-Aug 3 7. Aug 7-17	5:30 - 6:00 pm 10:30 - 11:00 am 6:30 - 7:00 pm 9:30 - 10:00 am 6:30 - 7:00 pm 5:30 - 6:00 pm 9:30 - 10:00 am
3 Water Stamina	1. June 5-15 2. June 19-29 3. July 10-20 4. July 24-Aug 3 5. Aug 7-17	6:00 - 6:30 pm 5:00 - 5:30 pm 10:00 - 10:30 am 6:00 - 6:30 pm 10:00 - 10:30 am
4 Stroke Introduction	1. June 5-15 2. June 19-29 3. July 10-20 4. July 24-Aug 3 5. Aug 7-17	6:30 - 7:00 pm 5:30 - 6:00 pm 10:30 - 11:00 am 6:30 - 7:00 pm 10:30 - 11:00 am
5 Stroke Development	1. July 24-Aug 3 2. Aug 7-17	10:00 - 10:30 am 5:00 - 5:30 pm
6 Stroke Mechanics	1. July 24-Aug 3 2. Aug 7-17	10:30 - 11:00 am 5:30 - 6:00 pm